Our Bodies The Optimal Design Tapping into the Natural Healing Power Within Our Bodies



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Reviews

The ebook is straightforward in study better to fully grasp. It is actually loaded with knowledge and wisdom I am just delighted to tell you that here is the best pdf i have read through during my very own lifestyle and may be he greatest ebook for at any time. (Dr. Karelle Glover)

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Paperback. Book Condition: New. William Talenti (illustrator). Paperback. 62 pages. Your body is a wonderful machine capable of healing almost any disease on its own, because of the way it is made, when given the right environment. Many people today are turning to a more natural and holistic way to approach their health and healing. Even traditional medicine is beginning to embrace the inclusion of natural methods to treat and heal disease. Our Bodies: The Optimal Design answers the questions you have on how to understand and apply natural healing principles through understanding your body and how it works in a holistic way. What is holistic health you might ask Or can I help heal my body How do I generate healing in my own body Does complementary medicine help in conjunction with traditional western medicine What knowledge do I need to help my body heal This book will take you on a holistic journey through the intelligent design of your body. You can learn about the brain, the spine, the colon, the feet, the hands, the ears, the eyes, the tongue, the face, the nails, and how nerve endings, meridians, and chakras relate. This just might be part of the intelligent design that can help you tap into the ability for healing through the use of holistic health, also known as complementary health or natural health, as well as any traditional steps you take. Discover the secrets in the brain, the spine, the colon, the feet, the hands, the eyes, the ears, the face, the tongue, the nails, etc. You will learn to listen to your body and learn how to ask the right questions for healing. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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